Secrets

By Anna Moorhead

A good secret settles in

but is never tame

wanting to bubble up

and tell everyone

and share its story.

If you’re by yourself

a good secret isn’t bubbly

it settles in warm

a soft light shines deep.

A bad secret doesn’t settle

it rattles around

makes your stomach hollow.

It empties you.

A bad secret doesn’t have light

it has fire

not a soft fire

it has hard, harsh fire

that climbs into your throat

and pulls your heart with it.

So it’s up to you to decide

what secret is yours

if you keep it close

or let it fly out

letting your hollow body fill again

letting the burning burn out

putting your heart back where it belongs.